

臺北市立大學

學生出國研修心得報告

獲補助年度：

研修領域：運動健康科學

系所、年級：運動健康科學系 二年級

學生姓名：林芯仔

研修國家：西班牙

研修學校(中英文)：穆爾西亞聖安東尼天主教大學 UCAM

研修時間：中華民國 113 年 1 月 17 日至 113 年 5 月 31 日

國外研修成績：

短片時間及標題：西班牙留學日記

中華民國 113 年 6 月 6 日

*(非亞洲地區交換同學請以英文撰寫報告)

目 錄

(請以標楷體 14 號，行高 1.5 繕打，並標示頁碼)

壹、緣起	1
貳、研修學校簡介	1
參、國外研修之課程學習(課內)	2
肆、國外研修之生活學習(課外)	3
伍、研修之具體效益(請條列式列舉)	4
陸、感想與建議(含 3 分鐘短片連結)	5

壹、緣起

行前準備(100 字)

To be honest, I didn't know what to prepare before going abroad. I just went online to read my senior's sharing, and then Googled some relevant information myself, such as learning about Spanish culture, weather, and geographical location, to decide what clothes to bring with me. Imagine what kind of life you would live. Almost all of them follow the step-by-step instructions given by the school to apply and prepare. As for what you should bring in your luggage, there are actually articles on the Internet that you can find. But I would like to remind everyone not to go abroad with just an international student card like me. It is really dangerous. Friends of mine has two or three credit cards, and still have some times they can't use them abroad, so it's actually a good idea to prepare two or three.

貳、研修學校簡介

學校介紹(100 字)

My school is a Catholic private school. People in it are not very accepting of homosexuality. There are a

lot of international students in it, and there will be a class. Because I am in the sports campus, not the main campus, so I am not familiar with the main campus. The sports campus is small, but also very warm. The teachers at the school also care about you, but really there may only be one or two teachers in the whole school who can speak English, so you have to be mentally prepared. The two campuses are about a 20-minute by walk. I often walk to school, but there are transportation links that make it very convenient. If you can speak Spanish, of course you can make a lot of local Spanish friends, but if you can only speak English, you still can make a lot of international friends.

參、國外研修之課程學習(課內)

修課課程內容 (100 字)

Usually international students take Spanish courses as electives. Before taking the electives, we will have a small test and divide them into classes according to their level. The teacher is very nice. You can try it out first and then adjust your level. Anyway, he is very flexible and can communicate. There are two classes in

the physical education campus that I take that are relatively technical, one is a navigation class, and the other is physical activities in nature. Don't think that the technical subjects are easy to pass. I think it 's actually quite difficult for Voyager. In Taiwan, you will choose a course first, and you can revise it again when you get there. For example, after I originally took five or six elective courses in Taiwan and tried them there, I only stayed in two courses.

肆、 國外研修之生活學習(課外)

交換學校住宿、當地／該校學生活動、費用（保險費／生活費／特殊支出）、或是在當地遇到的特殊經歷(200 字)

The school has dormitories for students, but they are more expensive. So I' m actually looking for a house outside. There seems to be only one student activity held by the school in a semester. The more interesting one in the last semester was the welcome party, and the one in the next semester is just an international student information session. But there are many bars in that city that you can actively participate in. As for insurance, it depends on which company you cover your living expenses with. In fact, it won 't be very expensive. It mainly depends on how you spend it. There won 't be any

special expenses. There also have Asian supermarkets , so you can go shopping there when you really miss home, but prices there are very expensive. The main thing is that you have to be mentally prepared. As a foreigner, how do you integrate into the life here? As for Murcia, it is very local life and there are almost no tourist, so life is very very dull. I was lucky enough to have a Spanish roommate who also speaks English, so he and I became good friends. Maybe you should save water and electricity resources. People there attach great importance to these two. Then greet them warmly and active when you see them, and their favorability towards you will increase a lot.

伍、 研修之具體效益

(請條列式列舉 150 字)

It doesn 't really help much in terms of academics, as long as it focuses on an experience. You can meet all kinds of people there, and your mind will really be more open. You will find that there is such a way of life on the other side of the world. You will begin to reflect on your own life, your attitude towards life, and what you want to pursue. The biggest influence for me is that I have many friends

from all over the world, including Asia, Europe, and Africa. They will really open your mind and you will respect each of their cultures, and they are all very nice people. If you try bubble milk tea for them, they will be really happy.

陸、感想與建議(含 3 分鐘短片連結)

心得經驗分享以及給未來參加交換計畫同學建議(350 字)

Before I went abroad to exchange, I looked up all the information, but I still felt that there was very little information on the Internet. So I am sharing everything about myself in this report, hoping to help you. I wouldn't say the experience was wonderful, I would say it was very dramatic. I find it very hard, but only you know how hard it is. But there are some people who adapt very well. They don't feel it's hard, they feel very happy because they can escape from home. I think it depends on how everyone adjusts their mentality and thinks. Of course, I also live a happy life and learn a lot. All in all, I highly recommend that everyone go out for a walk if conditions permit. However, you really need to prepare a lot of things before going, otherwise

you need to have a strong and strong heart. Everyone says that exchange students are here to experience life and go out for fun. Yes, I have arranged my courses very closely, so I have time to travel. Time flies so fast. If you have the means, you can actually plan everything in Taiwan first. I will also leave my IG here. If you have questions, if I can help, I will be happy to assist.

IG : Sinnnyuuu

具代表性出國交換照片說明(4 張)



圖 1 說明(20 字)

Friends from Spanish class



圖 2 說明(20 字)

Surfing class



圖 3

圖 3 說明(20 字)

Activity in nature

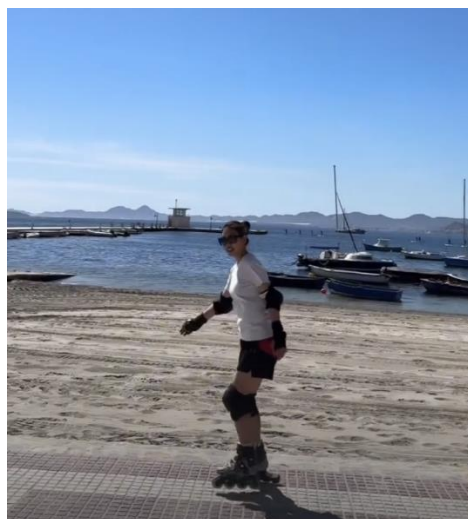


圖 4

圖 4 說明(20 字)

Surfing class (I suggest you get used to the unexpected)

*格式依需求可自行調整